

# Minnesota Early Head Start/ Head Start Facts 2021



Serving Pregnant Woman and Children Birth to the First day of Kindergarten

## Children and Pregnant Women in Poverty in MN

**3%**

of all births in MN  
are to teens

**20%**

of newborns are born  
to immigrant parents

**33%**

of new mothers in MN  
are low income

The Minnesota Department of Education, using American Community Survey data, estimates there are **40,952** children Birth to Kindergarten who are currently eligible for but not yet receiving EHS/HS services in Minnesota. Source: American Community Needs Survey/MDE

## Early Head Start Family Support

The 2019 Early Head Start Program Information report indicated that the following percentage of families requested and received these services from their Early Head Start Programs:

Emergency/crisis intervention such as meeting immediate needs for food, clothing, or shelter	<b>37%</b>
Housing assistance such as subsidies, utilities, repairs, etc.	<b>16%</b>
Mental health services	<b>13%</b>
English as a Second Language (ESL) training	<b>9%</b>
Adult education such as GED programs and college selection	<b>13%</b>
Job training	<b>11%</b>
Substance abuse prevention	<b>12%</b>
Health education	<b>62%</b>
Parenting education	<b>64%</b>
Asset building services such as financial education, opening savings and checking accounts, debt counseling	<b>8%</b>

Early Head Start and Head Start programs are based on a whole family approach. In 2019 programs reported that 5,293 male caregivers participated in programs during home visits, volunteering in classrooms, at events, and on Policy Council. EHS and HS programs provide safe welcoming environments for all family members. EHS and HS programs are much more than Early Education/Child Care programs. There are elements of the program that address the physical health, oral health, mental health and nutritional needs of children and families. There are elements that specifically assess and provide services to the child's primary caregivers whether they be biological parents, foster parents, or other adult primary care providers like grandparents. The chart above is representative of some of the services the caregivers get assistance with through their EHS/HS programs. It is the combination of these targeted services that provides opportunities for families to be stable and successful. Source: Comprehensive Service Requests for Early Head Start Families (2018/2019)\*

## Numbers currently being served

With a blend of Federal and State dollars the **33** Minnesota Grantee's serve **3,125** pregnant women and children birth to 3 years of age in traditional models, **540** of these children are served in Seasonal and Migrant programming provided across the state. In addition to those EHS numbers **500** children from birth to three are served in partnerships with Family Child Care and Center Based Child Care. In Head Start **12,665** children 3 years of age to the first day of Kindergarten are served, **1,556** of these children are served in Seasonal and Migrant programming provided across the state.

**8%** of these children were homeless

**7%** of these children were in the foster care system

**55%** of the families identify themselves as non-white

**54%** of the white families identify their ethnicity as Hispanic or Latino Origin

**19%** of the children have disabilities

**20%** of the children were identified as having received Mental Health Services.

**71%** of the children/pregnant women qualify because their income is at or below the federal income guidelines for poverty. For a family of 2 in 2021 that is at or below \$17,420 gross income, a significant number of these families live on half that amount per year. The remainder qualify because they meet the McKinney Vento homeless definition, the child is in foster care, the family receives SSI or MFIP, or the families fall into the up to 130% of poverty or over income categories. The number of children in the 130% and O/I categories is capped at 10% of enrollment and programs must have enrollment priorities that enroll all income and categorically eligible children first.

Source: Office of Head Start Statewide Program Information Report.

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## Services to Pregnant Women



In 2019 416 pregnant women were served in EHS programs in MN. These expecting moms were served in their homes for the most part, but some programs do serve expectant and parenting women in homeless shelters and residential drug treatment facilities. Services are based on the family's needs and a research-based curriculum is used. Expectant moms typically get weekly check ins or visits. The staff provide resources around medical care, addiction, healthy lifestyle, smoking cessation, breast feeding, making community connections, postpartum depression, and caring for the mom and child after the baby is born.

### **MVAC Parent Quote**

*After being contacted by a Home Visitor to be enrolled in Early Head Start said: I did not know that Head Start provided prenatal services I am glad to be a part of the program because when the baby is born, he is automatically in Early Head Start home base services and doesn't need to go on a wait list. I like the weekly visits because it is a check in about how I am doing. If I have any concerns or needs, they can be discussed at that time. Plus I know I can contact the Home Visitor any time I have questions. I like the Growing Great Kids (GGK) curriculum and handouts because they have a lot of good information.*

## Child Care Partners

In 2019 488 children were served in 47 Child Care Center Partnerships and 116 children were served in 38 Family Child Care Partnerships. These partnerships comprise both Early Head Start and Head Start and typically operate full day and full year. These partnerships combine EHS/HS and child care services in local communities. Resources, training, staffing, and high quality programming driven by the EHS/HS performance standards and Minnesota licensing are melded together at these sites. EHS/HS programs partnering with licensed child care providers brings high quality programming to all children and families in these sites and in many cases allows parents to work or go to school beyond typical program hours.

## Home Based Services



In 2019 2,001 children Birth through the first day of Kindergarten were served in EHS and HS programs in MN. The bulk of these children were in EHS. Home based services provide opportunities for families to engage in programming when other options in their communities are limited or because this model is best suited to meet the needs of the family. The home visiting model allows

programs to reach families in every part of the state no matter how rural or what the family dynamic is. Home visits occur weekly with socialization experiences planned typically 2 times per month. Early Head Start provides home visits year-round while Head Start is September to May. Home-visitors are trained in research based curriculums, ongoing assessment, and in providing services to families in the families home.

## Locally Designed Options

In 2019 2,297 children were served in Locally Designed Options (Federally Approved Options) or Innovative Programming (State Approved Options). These options are typically a variation on the types and locations of services. Many of these options are in partnerships with schools. Some combine classroom and home visiting models. They are designed to meet the needs of local families and communities. For example, in a smaller community Head Start and the school district may work together to provide combined services for the 20 preschool children in the area. All of the children from the community learn and grow together.

## Center Based Services



In 2019 8,917 children 6 weeks old through the first day of Kindergarten were served in 746 EHS and HS classrooms in MN. 66% of the children served were in models that operated 6 hours or more per day. The other 34% of children were served in 1/2 day models. The majority of the Head Start centers operate 9 months per year while the Early Head Start centers operate year-round. 7,725 children birth to 5 used busing as their primary means to get to EHS/HS. Early Head Start and Head Start classrooms are Parent Aware 4 Star Rated and meet or exceed all Minnesota Child Care Licensing Regulations.

### **SEMCAAC Parent Quote**

*I am so happy with the Semcac Early Head Start program and all they have done for my grandson. He started in the Early Head Start Toddler Classroom and absolutely loves it! The staff is amazing!! They are all helpful, happy, friendly, and super patient!*

*He has learned so much in such a short time. He is talking so much more, making new friends, and learning how to share. Healthy meals are provided, exercise inside and outside, a safe place to learn and have FUN!! He can't wait to go each day. I couldn't be more grateful for this program and the amazing staff!*

## EHS and HS as an Economic Driver

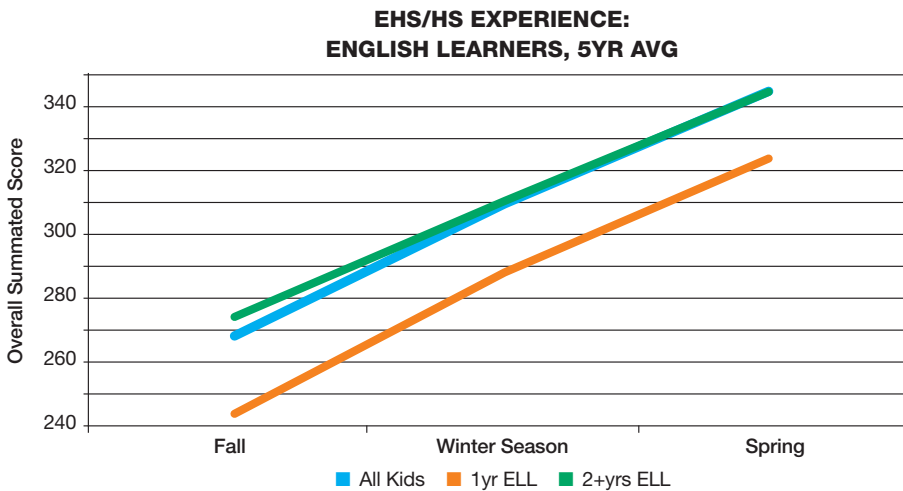
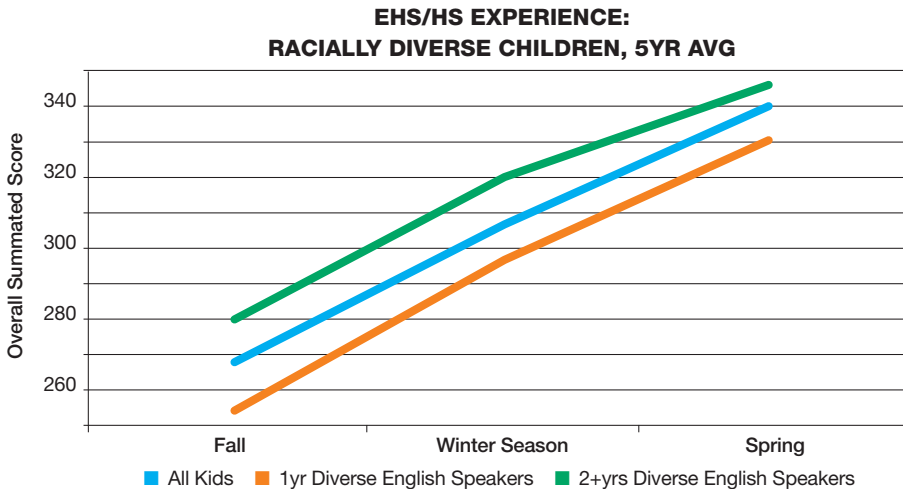
In 2019 Early Head Start and Head Start programs employed 3,848 staff and contract with 294 other professionals. 14,993 people volunteered their time to Early Head Start and Head Start programs, the value of this time is estimated to be \$27 million. It is estimated that programs spend \$50 million locally on food, diapers, transportation, space, and other purchases.

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## EHS/HS School Readiness Project Data

Data in these charts is from 23 programs in Minnesota that participate in MHSA's School Readiness Goals Project. The programs use program level and state level data to improve the practices of their teaching staff.



In the first chart above the measure is of children who are diverse but that speak English as their primary Language. The blue line represents all children assessed. The green line, children from diverse backgrounds. We know from looking at this data over many years that the longer children spend in EHS and HS the better they do. Looking at the data through the lens of race speaks to programs care for children who are racially diverse.

The second chart is reflective of children who speak English as a second language. The Head Start Performance Standards require programs to work with families using their native language while acquiring English. What we see reflected in this chart is really children learning two languages and performing at the same level as the rest of the children in the study. This again reflects to the care given but also the connections being made between children, staff, and families. It takes a whole family approach to see these types of gains. EHS and HS programs are doing an excellent job.

The Minnesota Head Start Association's strategic plan includes the following goal – MHSA builds inclusive communities free from discrimination. Key strategies to achieving that goal include modeling culturally responsive practices, responding assertively to incidents of racism and bias in local programs through education, that training provided around cultural competence is state of the art, and that the association will work with programs to grow a diverse workforce. In an effort to assess the impact of our work on this, we began looking at data collected by programs around school readiness. We decided to look at this data for the first time through the lens of race to begin to understand the impacts. We know that the curriculums and assessments we use are the first pieces to this puzzle and that they need to be research based and to the extent possible be free of bias. The next layer to this is teaching practices and how well teachers relate to children and their families. Research supports that when teachers do not connect to children the outcomes for children are diminished.



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Head Start Agency	Headquarters	Phone No.	Agency Website
ACCAP Anoka/Washington County Head Start-Early Head Start	Blaine	763-783-4300	accap.org
Arrowhead Head Start	Virginia	218-748-7351	aeoa.org
Bi-County Community Action (BI-CAP)	Bemidji	218-333-9864	bicap.org
Bois Forte Tribal Government Early Childhood Program	Nett Lake	218-757-3261	boisforte.gov
Care Resource & Referral dba Families First	Rochester	507-287-2009	familiesfirstmn.org
Community Action Partnership of Ramsey & Washington Counties	Saint Paul	651-603-5807	caprw.org
Duluth Preschool	Duluth	218-336-8815	isd709.org
Fond du Lac Head Start	Cloquet	218-878-8100	fdlrez.com
Grand Portage Reservation Tribal Council	Grand Portage	218-475-2234	
Inter-County Community Council	Oklee	218-796-5144 option 5	intercountycc.org
Kootasca Community Action Inc.	Grand Rapids	218-999-0814	kootasca.org
Lakes & Pines CAC	Mora	320-679-1800	lakesandpines.org
Lakes and Prairies Community Action Partnership, Inc (CAPLP)	Moorhead	218-512-1500	caplp.org
Leech Lake Band of Ojibwe	Cass Lake	218-335-8345	llojibwe.org
Lower Sioux Cansayapi Early Head Start	Morton	507-697-6195	lowersioux.com
MAHUBE-OTWA Community Action Partnership, Inc.	Detroit Lakes	218-847-1385	mahube.org
Mille Lacs Band of Ojibwe Indians	Onamia	320-532-7590	
Minnesota Valley Action Council, Inc.	Mankato	507-345-6822	mnvac.org
Northwest Community Action, Inc.	Badger	218-528-3227	northwestcap.org
Parents in Community Action	Minneapolis	612-374-8309	picaheadstart.org
Prairie Five CAC	Madison	320-598-3118	prairiefive.com
Reach-Up, Inc.	Saint Cloud	320-253-8110	reachupinc.org
Red Lake Tribal Government	Red Lake	218-679-3396	redlakenation.org
Scott-Carver-Dakota CAP Agency, Inc.	Shakopee	651-322-3500	capagency.org
Semcac	Rushford	800-528-7622	semcac.org
Southwestern Minnesota Opportunity Council	Worthington	507-727-1759	smoc.us
Three Rivers Community Action	Zumbrota	507-316-0610	threeriverscap.org
Tri-County Community Action Partnership, Inc.	Little Falls	320-632-3691	tcacaction.com
Tri-Valley Opportunity Council	Crookston	800-201-3461	tvoc.org
United Community Action Partnership, Inc.	Willmar	320-235-0850	unitedcapmn.org
WCCA	Maple Lake	320-369-4486	wcmca.org
WCMCA Head Start	Elbow Lake	218-685-4486	wccaweb.com/Program/Head_Start
White Earth Head Start Programs	White Earth	218-983-3282 ext. 1232	whiteearth.com

For a listing of Head Start programs by county go to:  
<http://www.mnheadstart.org/grantees.html>

For more information contact:  
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